## Creamed Spinach - USDA Recipe I120 for CACFP

Meal Components: Vegetable - Dark Green, Meat / Meat Alternate

Ingredients	25 Weight	Servings Measure	50 Weight	0 Servings Measure	Directions	
Frozen chopped spinach	10 lb	1 gal 1 qt	20 lb	2 gal 2 qt	<ol> <li>Thaw and squeeze spinach to eliminate excess water. Yields:</li> <li>Place spinach in a large bowl.</li> </ol>	
Kosher salt		3/4 tsp		1 1/2 tsp	3. Add salt and black pepper.	
Ground black pepper		1 1/2 tsp		1 Tbsp		
Canola oil		1/4 cup		1/2 cup	4. Sauce: Heat oil in stock pot over medium heat.	
*Fresh onions, diced	8 oz	1 1/2 cups	1 lb	3 cups	<ol><li>Add onions and saute for 5-6 minutes or until soft.</li></ol>	
Enriched all-purpose flour	2 1/2 oz	1/2 cup	5 oz	1 cup	<ol><li>Add flour and cook for 5 minutes. Stir constantly.</li></ol>	
Nonfat milk		1 qt		2 qt	<ol> <li>Add milk and stir until sauce comes to a boil.</li> <li>Reduce heat to low.</li> </ol>	
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	12 1/2 oz	1 1/2 cups	1 lb 9 oz	3 cups	<ul><li>8. Add half of the cheese. Stir until melted.</li><li>Reserve remaining cheese for step 10.</li></ul>	

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- 10. Lightly coat a steam table pan (12" x 20" x 21/2") with pan release spray and place 3 qt 3 cups (about 7 1/2 lb) spinach mixture in each pan.Sprinkle remaining cheese on top.
- 11. Bake until cheese melts:
- **12.** Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
- **13.** Critical Control Point: Hold for hot service at 140 °F or higher.
- 14. Portion with No. 8 scoop (1/2 cup).

## **Notes**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

## Serving

NSLP/SBP Crediting Information: ½ cup (No. 8 scoop) provides ½ oz equivalent meat/meat alternate and ½ cup dark green vegetable.

CACFP Crediting Information: ½ cup (No. 8 scoop) provides ½ meat/meat alternate and ½ cup fruit/vegetable.

Marketing Guide					
Food as Purchased for	25 Servings	25 Servings			
Onions	11 oz	1 lb 6 oz			

Serving	Yield	Volume	
See Notes	25 Servings: about 7 1/2 lb	25 Servings: about 3 quarts 3 cups / 1 steam table pan (12" x 20" x 2 1/2")	
	<b>50 Servings:</b> about 15 lb		
	oo oorvingo. about 10 lb	/	
		50 Servings: about 1 gallon 3	
		quarts 2 cups / 2 steam table pans	
		(12" x 20" x 2 1/2")	

Nutrients Per Serving						
Calories	168	Saturated Fat	2 g	Iron		
Protein	12 g	Cholesterol	8 mg	Calcium	361 mg	
Carbohydrate	13 g	Vitamin A	34151 IU	Sodium	521 mg	
Total Fat	6 g	Vitamin C	1 mg	Dietary Fiber	4 g	